

## Forcing Solutions

- Defined: an attempt to force another person through various means (control, fixing, managing) to submit themselves to my will and my plans and my values and beliefs.
  - In the following areas:
    - With attitudes: continually disappointed, playing or being a victim, contemptuous, hateful, etc.
    - With body language: example = a defensive style.
    - With words: disrespect, name-calling, criticisms, whining, nagging, etc.
    - With expectations: these may be spoken or unspoken.
    - With idealism or fantasies: not accepting what is reality and holding the other to the idealistic standard.
    - With demands: words such as “must, should, could, always, never, why, you will...” are identifying demanding words.
    - With behavior: checking, using force/aggression/intimidation, being “alpha”, stonewalling, defensive, hyper-responsible, hyper-independent, etc.
    - With sexuality: using touch, flirting, arousal initiation, a date/romantic time, skin time, etc to set demands, expectations or hold something hostage.

So what if I stop forcing solutions and my partner does not/will not cooperate with me or make effort to meet my longings/needs/wants?

1. Use **detachment!** Always. Don't worry about getting this perfect, just institute it right away. (This does not mean detaching from yourself, but from the other persons choices, behaviors, and consequences. Releasing ownership.)
2. Communicate your feelings about how your partners choices have affected you currently/right now. Use an, “I feel.....because/when you.....” statement. Do not add, speak about past resentments, or go on and on. Do not attempt to trigger guilt and shame in the partner in order to witness an emotional response. Say it 1x.
3. Communicate what you want/would like from this person in a calm, considerate way. Then be open to cooperate and be open to sacrificing some of your wants. Set your expectations internally that **you** will begin the meeting of your wants.
  - a. Ask for something/1 thing, specific and attainable.
  - b. Stay to the topic being discussed. Do not bring up any past incidents.
4. Say it, then walk away. If you have been direct, clear, and concise and the partner or person is silent, give them one last opportunity to share (ask a respectful question: Did you want to add anything or share anything? No? Ok, thanks for listening.) Now walk

away before you begin going on and on, lose control, get hyper-emotional, blame, whine, beg, etc.

5. Now, IMMEDIATELY get focused on you! (Your friends, job, kids, health, home, hobby, spiritual/recovery journey work, church, service work, education, social outings, interactions, serenity making, etc.
  - a. **Fill your time and your mind!! Get busy in self-care and self and life-building!** (Busy does not mean stay in “speeding up” mode or avoidance.)
6. Now, while you are caring for yourself, plan a fun time for you and your spouse to make some positive interactions happen. Do this for **YOU!** Invite your spouse along. This is also self-care. Stay in the frame of mind during the event, “this is for me, not us, not them. For me.” Then detach and enjoy it!